

LYT METHOD®

LEVEL 1 TEACHER TRAINING



COURSE DESCRIPTION

This 10-week course offers a transformative journey into the heart of the LYT methodology. Designed for both students and instructors, you'll delve deeply into comprehensive material that builds progressively each week. Enhance your anatomical knowledge to support effective verbal and manual cueing. Explore poses and sun salutations through the lens of posture and balanced energy. Gain a deeper understanding of the LYT Blueprint, its foundations in neural development, and how it informs functional and supportive sequencing. Alongside these technical elements, you'll investigate topics in yogic history and philosophy, bringing greater alignment to your life and practice. This course offers a unique opportunity to refine your teaching craft and elevate your personal practice in a dynamic and supportive environment.

Smarter Training for a Stronger You!

COURSE OBJECTIVES

Functional Anatomy in Yoga Poses

- Identify key aspects of functional anatomy required to support clients in various yoga poses.
- Emphasize the role of muscle groups, joint alignment, and biomechanics in safe and effective practice.

Posture and Movement

- Explain how posture influences movement both on and off the mat.
- Highlight the connection between alignment and physical well-being in daily activities and yoga practice.

Core and Breath Connection

- Describe the relationship between the core and breath in supporting optimal movement.
- Explore how mindful breathing enhances stability, strength, and overall functionality.

Yoga History and Philosophy

- Describe how yoga has evolved over time.
- Explain how the yamas (ethical disciplines) and niyamas (self-disciplines) manifest in daily life.
- Reflect on how the kleshas (afflictions or obstacles) impact the ability to live fully and mindfully.

Leading a Class

- Use observational skills and anatomical knowledge to deliver cues that enhance the client's experience.
- Focus on individualized instruction to meet the needs of diverse students.
- Understand how to support specific populations and the unique challenges they face in yoga classes.
- Create supportive strategies and modifications to foster inclusivity and accessibility.

Business of Yoga

- Describe the ethics of yoga and leading anatomy based instruction.
- Develop short-term and long-term goals for yoga teaching and personal growth.





WEEKLY TOPICS

Week 1 - Free Your Asana

Topics: Posture, Yoga History, Ahimsa, Observational Skills, LYT Blueprint

Week 2 - Magic Pelvic Bowl

Topics: Pelvis, Musculoskeletal System, Satya, Using Your Hands, RESET

Week 3 - Organize Your Energy

Topics: Pelvis, Hip, Asteya, Using Your Voice, Sun Sal 1

Week 4 - I'm Ready For This / Shoulder

Topics: Shoulder, Mobility & Stability, Brahmacharya, Leading w/ Authority, Sun Sal A

Week 5 - Scapular Divinity / Shoulder

Topics: Scapulae, Functional Mobility, Aparigraha, Teaching Privates, Sun Sal B&L

Week 6 - Stress the Core / Core Matrix

Topics: Core, Physiology, Saucha, Teacher Ethics,

Week 7 - Shades of Vashistasana

Topics: Core & Breath, Core Matrix, Santosha, Running a Class, Pose Analysis

Week 8 - Open Your Heart, Heal Your Back / Spine

Topics: Spine, Evolution of Spinal Curves, Tapas, Business of Yoga, Healthy Backbends

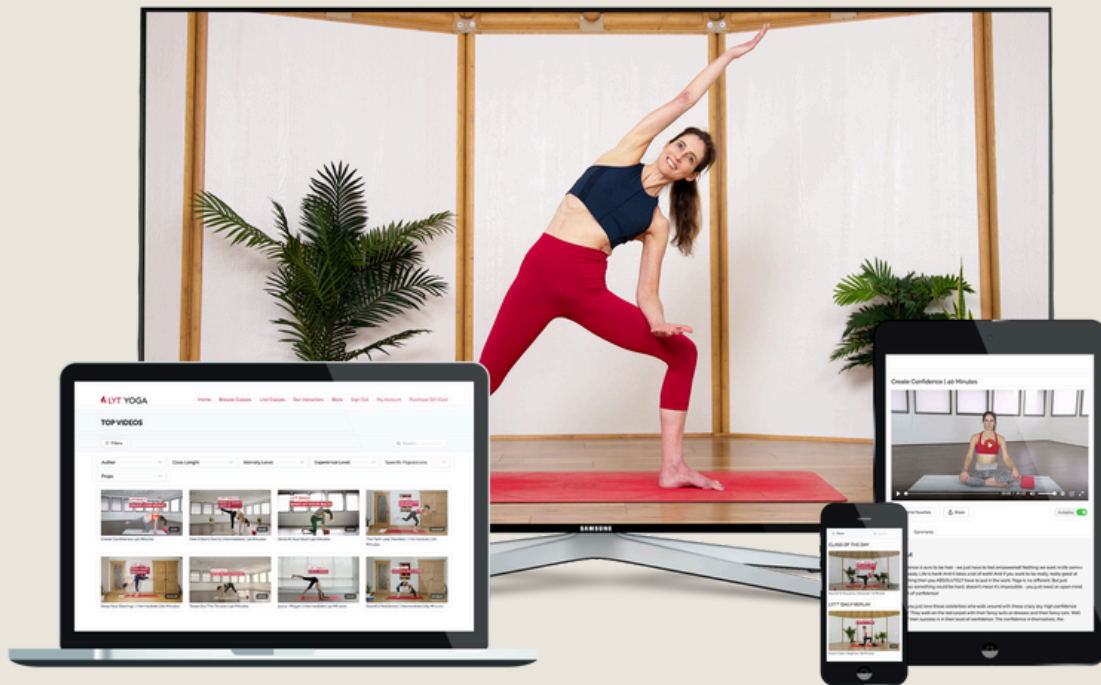
Week 9 - Unblock and Get LYT / Limbs

Topics: Limbs, Fascia, Svadhyaya, Business of Yoga, Pose Modifications

Week 10 - Twist Up, Get Up, Stand Up / Review

Topics: Applied Anatomy, Breath & Bandhas, Ishvara Pranidhana, Specific Populations





BREAKDOWN OF HOURS

REQUIRED

Yoga Classes - 30 hours
 Class Breakdown - 10 hours
 Yoga History & Philosophy - 10 hours
 Teacher Methodology - 7 hours
 Anatomy & Physiology - 25 hours
 Poses & Adaptations - 8 hours

SELF STUDY

Yoga Practice - 20 hours
 Review & Reflection - 20 hours
 Teaching Practice - 20 hours

LIVE

Zoom instruction - 20 hours
 Zoom mentorship - 10 hours

SUPPLEMENTAL

Indexed Q&A - 50 hours
 Yoga Philosophy - 5 hours

CERTIFICATION

In order to earn your LYT Level 1 certificate, all required video content must be watched as well as the ten quizzes passed. Each trainee will submit 60-minute LYT teaching video for review, complete a peer review*, and sign the instructor licensing agreement. Finally, all payment(s) must be complete.

*Guided Training Only



TESTIMONIALS



"The LYT Yoga Teacher Training has been one of the best experiences I've had in a long while. This approach is much more fulfilling than traditional PT in a clinical setting. Very grateful for the person-centered mindset, addressing all components of mind/body/spirit."

-Marijo Vollmar

"The LYT Level 1 Online Teacher Training program has reinvigorated my passion for teaching yoga. I feel empowered to educate my students on sustainable movement patterns through a method that is effective, proven, and fun. Lara's warmth and unparalleled knowledge of the body translate exceptionally well to this online format, and the weekly Live calls enabled us to cultivate a community of compassion that spanned across the globe."

— Victoria Butala



I did not have time for the guided course and I was desperate to get started. Despite my initial doubts that I wouldn't be able to connect with others, I never felt alone thanks to the wonderfully structured training. The **Self-Guided** course has all the zoom calls from a previous training, so that I had a very similar experience to the Guided course. When questions came up, there was always a LYT Team member available to support me. In the end, I know I made the right choice and am happy to now be part of the LYT Fam for further development and learning. I highly recommend the Self-Guided training.

-Jaane Solte

